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www.ci.king.nc.us
Highlight City Departments.
Highlight King Senior Center in the box on right
& Click Calendars for the King Senior Center &
King Senior Travel Club are at the bottom as
well as other information.
How To Details on Page 12



The schedule for Stokes Family YMCA of water fitness classes that are available to King Senior Center participants can be found on page 9. This schedule is set by Stokes Family YMCA. Their telephone is 336 985-9622. This agreement allows senior adults to attend 2 water exercise classes per week.



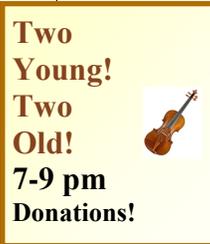
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SNOW DAYS: It is the policy of the King Senior Center to close, if Stokes County schools are closed. IF you are bored enough and brave enough, please call the center to see if anyone made it in. One problem is the parking lot and sidewalks. Getting in and out of the parking lot can be tricky The City of King does scrape the lot and clean off the sidewalks but it is a good idea to call first.</p>		 <p>is the sponsor of 2nd Cup Coffee on the 1st Friday</p>	<p>1 Low Impact 11:30 Y Health Time</p> <p>Executive 9am</p>  <p>Clogging with Fran&Don</p>  <p>SHIIP Counselor Nonie Sands will be here till 5pm</p> <p>Bridge 1pm until</p> <p>Twisted Stitches</p> <p>Crochet/Knit 6pm</p>	<p>2 Aqua Fit 10:30 YMCA</p> <p>Veterans 2nd Cup 8am</p> <p><u>ONE Foot Forward 10am</u></p> <p><u>JFF 12noon</u></p> <p>Canasta 12:30pm</p> <p>Tai Chi 2pm</p> <p>Euchre 3pm</p> <p>King Christmas Tree Lighting 7pm</p> 	<p>3 King Christmas Parade 2pm</p>  <p>First Saturday Driffwood 7-10pm</p> 
<p>4</p> <p>5  Aqua Fit 10:30</p> <p>Chi Kung 10am</p> <p>Canasta 12:30 pm</p> <p>AG Bridge 1pm</p> <p>Art Time</p> <p>King City Council 7pm</p> 	<p>6 Low Impact 11:30 Y</p> <p>KOS Wreath Making</p> <p>KSTC WHDT 10am</p> <p>PRACTICE then</p> <p>\$asUGO</p> <p>Line Dancing 12:30pm</p> <p>Bridge 2pm</p> <p>Drumming</p> 	<p>7 Aqua Fit 10:30 YMCA</p> <p>WWW Noon</p>  <p>Games 1pm</p> <p>Beginning Line Dance 7pm</p>	<p>8 Low Impact 11:30 Y</p> <p>Health Time</p> <p>Bridge 1pm until</p>  <p>10am</p> <p>Twisted Stitches</p> <p>Crochet/Knit 6pm</p>	<p>9 Aqua Fit 10:30 YMCA</p> <p>Veterans 2nd Cup 8am</p> <p><u>ONE Foot Forward 10am</u></p> <p><u>JFF 12noon</u></p> <p>Canasta 12:30pm</p> <p>Tai Chi 2pm</p> <p>Euchre 3pm</p>	<p>10</p>

December 2016

King Senior Center
Recreation Acres Lower Level 107 White Road
King, NC 27021



Cups for all music nights are provided by Wendy's

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <p>KSC rented</p>	<p>12 Aqua Fit 10:30 YMCA Chi Kung 10am</p> <p>11:15am-1pm Activities Canasta 12:30 pm AG Bridge 1pm ART 1:30-4:30pm set aside for ART whether it is a scheduled class or just time to get together with other artists to exchange ideas or just paint!</p>	<p>13 Low Impact 11:30 Y PRACTICE then \$asUGO Line Dancing 12:30pm Bridge 2pm</p>	<p>14  Aqua Fit 10:30 Covered Dish 12:30pm  Games 1pm</p> <p>Beginning Line Dance 7pm</p>	<p>15 Low Impact 11:30 Y Clogging with Fran & Don 10am-12:30pm Health Time Bridge 1pm until</p> <p> <i>Twisted Stitches</i> 6pm</p>	<p>16 Aqua Fit 10:30 YMCA Veterans 2nd Cup 8am <u>1 Foot Forward 10:00am</u> <u>JFF 12noon</u> Canasta 12:30pm Tai Chi 2pm Euchre 3pm</p> <p> Cranford Creek Bluegrass 7-9pm</p>	<p>KSC rented</p> <p>17 Sorry! Driffwood will not be here tonight having Family Christmas</p> <p>Entertainment Night Games in the Parlor</p>
<p>18 KSC rented</p>	<p>19 Aqua Fit 10:30 Chi Kung 10am  BP 11:15am-1pm</p> <p>Canasta 12:30 pm AG Bridge 1pm</p> <p>ART 1:30-4:30pm</p> <p>Adult Coloring King Public Library</p>	<p>20 Low Impact 11:30 Y PRACTICE then \$asUGO Line Dancing 12:30pm Bridge 2pm</p>	<p>21 Aqua Fit 10:30 YMCA GAMES 1 pm</p> <p> Winter!</p> <p>Beginning Line Dance</p>	<p>22 Low Impact 11:30 Y 10am-12:30pm Health Time 9:30am- 12:30pm Bridge 1pm until</p>	<p>23 Aqua Fit 10:30 YMCA Second Cup 8am Line Dancing <u>1 Foot Forward 10:00am</u> <u>JFF 12noon</u> Canasta 1 pm Tai Chi 2pm Euchre 3pm KSC rented</p>	<p>24 KSC rented</p> <p></p>
<p>25 Merry Christmas!</p> <p></p>	<p>26 Aqua Fit 10:30 Y Chi Kung 10am BP Canasta 12:30 pm AG Bridge 1pm ART 1:30pm</p>	<p>27 Low Impact 11:30 Y PRACTICE then \$asUGO Line Dancing 12:30pm Bridge 2pm</p>	<p>28 Aqua Fit 10:30 </p> <p>Bring your LEFTOVERS </p> <p>GAMES 1 pm</p> <p>Beginning Line Dance 7pm</p>	<p>29 Low Impact 11:30 Y 10am-12:30pm Health Time 9:30am- 12:30pm Bridge 1pm until</p> <p> Two Young! Two Old! 7-9 pm Donations!</p>	<p>30 Aqua Fit 10:30 YMCA Second Cup 8am Line Dancing <u>1 Foot Forward 10:00am</u> <u>JFF 12noon</u> Canasta 1 pm Tai Chi 2pm Euchre 3pm</p>	<p>31</p> <p></p>
<p> Living Will & Healthcare Power of Attorney Sponsored Hospice & Palliative Care Center Fourth Tuesday 1pm 12/27 Notary Available</p>						
<p>New Year's Eve Party sponsored by Driffwood ! 8pm till Midnight Bring food and soft drinks to share ! The KSC will provide tea and ice. A donation of \$5 is requested to cover expenses since Driffwood rented the center !</p>						

There are several activities that are available on a drop in basis anytime that is not in conflict with other activities ...
 Please remember there are three rooms...
 READING: The King Senior Center subscribes to both the Winston-Salem Journal and The Stokes News. Slate Funeral Home provides a subscription service with a variety of magazines available. These items are available for participants to read while at the center. Also there is a good selection of books available that participants can “check out” or “exchange”.
 PUZZLES: Often there is a jigsaw puzzle set up, usually 1000 pieces. Many of the puzzles that senior center participants have put together have been framed and hung in the center.
 GAMES: Rook - Spades - Skipbo - Canasta - Uno - Phase 10 - Pinochle Bridge - Euchre - Hand & Foot - Sequence - Train Dominoes - Checkers Chinese Checkers - Various Rummy Card Games - Golf - Rummikub Kings in the Corner - Other Board Games
 GARDENING - The Master Gardeners of Stokes have a community garden at Recreation Acres. If you are interested in joining the group please call Randy Fulk at 336 593-8179.
 COMPOSTER - Always needs turning !
 WALKING TRAIL - There is a walking track around the ballfields at Recreation Acres. One and one half times around the track equals one mile. The hours posted at Recreation Acres are 5:30am to 12 midnight.

Thursday December 1 Low Impact 11:30am
 Master Gardeners Executive 9am
 Clogging with Fran & Don 10am-12:30pm
 SHIIP Counseling 12:30-5pm
 Bridge 1pm until
 Twisted Stitchers 6pm
Friday December 2 YMCA Aqua Fit 10:30
 “Second Cup” Veteran’s Coffee Social 8am
 1 Foot Forward 10am
 Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm
 Canasta 1pm
 Tai Chi for Arthritis & Fall Prevention 2pm BP ✓
 Euchre 3pm
 City of King Christmas Tree Lighting 7pm
Saturday December 3 First Saturday **AGAIN!**
 King Christmas Parade 2pm Downtown King
 Driffwood 7-10pm (donations)

Sunday December 4

Monday, December 5 YMCA Aqua Fit 10:30am

Activities Time 11:15am-1pm

Canasta 12:30pm

AG Bridge 1pm

Tuesday, December 6

YMCA Low Impact 11:30am

King of Spades Wreath Making 9am

King Senior Travel Club Christmas Show WDHT 10am

Some Practice Time then \$asUGO Line Dancing Class 12:30 pm (cost)

Bridge 2:00 pm

NO Drumming Winter in Florida!

Wednesday December 7 YMCA Aqua Fit 10:30

WWW Noon Little Italy

Games 1:00 pm

Beginning Line Dance 7pm

Thursday December 8 Low Impact 11:30am

Health Time 9:30am- 12:30pm

Adult Coloring 10am King Public Library

Bridge 1pm until

Twisted Stitchers 6pm

Friday December 9

YMCA Aqua Fit 10:30

“Second Cup” Veterans coffee social 8am

1 Foot Forward 10am

Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm

Canasta 12:30pm

AG Bridge 1pm

Art Time 1:30pm till 4:30pm

Tai Chi for Arthritis & Fall Prevention 2pm BP ✓

Euchre 3pm

Saturday December 10

Sunday December 11 KSC rented
Monday, December 12 YMCA Aqua Fit 10:30am
 Chi Kung 10am /BP
 Activities Time 11:15am-1pm
 Canasta 12:30pm
 AG Bridge 1pm
 Art Time 1:30pm
Tuesday, December 13 Low Impact 11:30am
 Some Practice Time then \$asUGO Line Dancing Class 12:30 pm (cost)
 Bridge 2:00 pm
 NO Drumming
Wednesday December 14 YMCA Aqua Fit 10:30am
 Second Wednesday Covered Dish 12:15pm
 Games 1:00 pm
 Beginning Line Dance 7pm
Thursday December 15 Low Impact 11:30am
 Clogging With Fran & Don 10am
 Health Time 9:30am- 12:30pm
 Bridge 1pm until
 Twisted Stitchers 6pm
Friday December 16 Third Friday
 YMCA Aqua Fit 10:30am
 “Second Cup” Veterans coffee social 8am
 1 Foot Forward 10am
 Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm
 Canasta 1pm
 Tai Chi for Arthritis & Fall Prevention 2pm BP ✓
 Euchre 3pm
 Cranford Creek 7-9pm (donations)
Saturday December 17 Third Saturday!
 Sorry Driffwood will not be here tonight It is a Family Christmas Time!)
 Entertainment Night - Games & Card Playing in the Parlor

Sunday December 18 KSC is rented
Monday, December 19 YMCA Aqua Fit 10:30am
 Chi Kung 10am /BP
 Activities Time 11:15am-1pm
 Canasta 12:30pm
 AG Bridge 1pm
 Art Time 1:30pm
 Adult Coloring 6pm King Public Library
Tuesday, December 20 Low Impact 11:30am
 Some Practice Time then \$asUGO Line Dancing Class 12:30 pm (cost)
 Bridge 2:00 pm
 NO Drumming Summer Wintering in Florida!
Wednesday December 21 YMCA Aqua Fit 10:30am
 Games 1:00 pm
 Beginning Line Dance 7pm
Thursday December 22 Low Impact 11:30am
 Clogging With Fran & Don 10am
 Health Time 9:30am- 12:30pm
 Bridge 1pm until
 Twisted Stitchers 6pm
Friday December 23 YMCA Aqua Fit 10:30am
 “Second Cup” Veterans coffee social 8am
 1 Foot Forward 10am
 Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm
 Canasta 1pm
 Tai Chi for Arthritis & Fall Prevention 2pm BP ✓
 Euchre 3pm
 King Senior Center is rented tonight!
Saturday December 24 KSC is rented

All the bands that perform at the King Senior Center on the weekends are ONLY paid the donations that are received at the door!

Sunday December 25 Christmas Day!

KSC is rented

Monday, December 26 YMCA Aqua Fit 10:30am

Chi Kung 10am /BP

Activities Time 11:15am-1pm

Canasta 12:30pm

AG Bridge 1pm

Art Time 1:30pm

Tuesday, December 27 Low Impact 11:30am

Some Practice Time then \$asUGO Line Dancing Class 12:30 pm (cost)

Bridge 2:00 pm

Living Will & Healthcare Power of Attorney

Sponsored Hospice & Palliative Care Center

Fourth Tuesday 1pm There will be a notary available

Bridge 2pm

NO Drumming Summer Wintering in Florida!

Wednesday December 28 YMCA Aqua Fit 10:30am

Leftover Reception Bring Your Leftovers to share while we play games!

Games 1:00 pm

Beginning Line Dance 7pm

Thursday December 29 Low Impact 11:30am

Clogging With Fran & Don 10am

Health Time 9:30am- 12:30pm

Bridge 1pm until

Twisted Stitchers 6pm

Friday December 30 YMCA Aqua Fit 10:30am

“Second Cup” Veterans coffee social 8am

1 Foot Forward 10am

Just For Fun (JFF) Line Dancing **PRACTICE** 12:00pm

Canasta 1pm

Tai Chi for Arthritis & Fall Prevention 2pm BP ✓

Euchre 3pm

Two Young! Two Old! 7-9 pm - Donations Please!

Saturday December 31 New Year’s Eve KSC is rented

New Year’s Eve Party sponsored by Driffwood !

8pm till Midnight

Bring food and soft drinks to share !

The KSC will provide tea and ice.

A donation of \$5 is requested to cover expenses since Driffwood rented the center for the party!

MISSION STATEMENT

The King Senior Center is an extra-governmental facility affiliated with the City of King dedicated to providing services and opportunities to citizens 55 years and older and their families. It is publicly and privately funded and operates for all senior adults in the community, regardless of race, color, religion, sex, national origin or disability. The King Senior Center exists to enrich the lives of seniors through programs and services that will improve their health and wellness, decrease their loneliness and isolation, and provide social, economic, and educational opportunities that will enhance their quality of life.

Donation\$ To the King Senior Center

All cash donations to the King Senior Center are appreciated. These donations are used to buy supplies like coffee, milk and sugar are just three of the important (at least in my estimation and probably Bill Moore’s) items that are purchased with the cash donations.

Deductible As Charitable Contributions

Money or property you give to:

- Churches, synagogues, temples, mosques, and other religious organizations
- Federal, state, and local governments, if your contribution is solely for public purposes (for example, a gift to reduce the public debt or maintain a public park)
- Nonprofit schools and hospitals
- The Salvation Army, American Red Cross, CARE, Goodwill Industries, United Way, Boy Scouts of America, Girl Scouts of America, Boys and Girls Clubs of America, etc.
- War veterans’ groups

Expenses paid for a student living with you, sponsored by qualified organization

Out-of-pocket expenses when you serve a qualified organization as a volunteer

IRS
Charitable
Contributions
Publication 526
<https://www.irs.gov/>

WEEKLY SCHEDULE

Every Monday

YMCA please check the Y schedule

10 am Chi Kung/David McMahon

Blood Pressure Check with Different Health Agencies

Before 9:45am & After 10:15am

11:15am-1pm Dance / Exercise Time

This time is set aside for Physical Activities or classes.

12:30 pm Canasta

Canasta & Audrey Grant Bridge currently scheduled!

1:30pm till 4:30pm **Art Time** This time is set aside for ART whether is a scheduled class or just time to get together with other artists to exchange ideas or just paint!

Every Tuesday

YMCA please check the Y schedule

10 am Chain Gang Crochet Group (NOW meeting Thursday 6pm)

12 Noon Line Dancing Practice until

12:30 - 1:30 pm **\$** (Pay) as yo**U GO** Line Dancing (cost \$3.00 per one hour class) Teacher Pat Atkins

2 pm Bridge until the game is finished!

2-4 pm Computer Basics (cost) This time is set aside for computer classes or just time to get together with others to exchange information!

6:30pm Drumming

Every Wednesday

YMCA please check the Y schedule

Chair Exercise upstairs King Nutrition Site 10:30am

1 pm Games



Some weeks there are **Dances Classes** after 5:30pm (Cost)

Please call to check what days and times!

* Clogging/Line/Shag/Country Western/Two Step/Partner/Circle at Different Levels so **Please Check Daily Calendar**

Every Thursday

YMCA please check the Y schedule

9:30am till 12:30pm **Health Time** This time is set aside for health related classes, whether it is a scheduled class such as “Living Healthy” or a talk session with a health agency. It could be just time to get together with other center participants to talk about health concerns! This time could also be set aside for Physical Exercise or dance classes.

1pm Bridge until the game is finished!

2-4 pm Computer Basics 2-4pm (cost) (see Tuesday)

please see the note on Wednesday about **Dance Classes!**

Twisted Stitchers (Crochet / Knit) 6pm

Every Friday

YMCA please check the Y schedule

Veterans Second Cup Coffee Time 8:00am - 9:30am

This is open to everyone, veterans from any branch of service or time and to all of those who honor these our veterans. Coffee and some kind of snack item are available every Friday. Often local business, group or different veterans provides these treats with the coffee.

10:00 am



One Foot Forward is line dancing at the next level

With Don Richardson (cost\$ 5.00 per two hour class)

12:00 pm

Just For Fun *is line dancing for everybody—beginners or experienced where teaching is shared by participants.*

12:30 pm Canasta

2 pm Tai Chi for Arthritis & Falls Prevention

3pm Euchre

SNOW DAYS:

It is the policy of the King Senior Center to close if Stokes County schools are closed. IF you are bored enough and brave enough, please call the center to see if anyone made it in. One problem is the parking lot and sidewalks. Getting in and out of the parking lot can be tricky - I got stuck in the parking lot one winter and I have four wheel drive. The City of King does scrape the lot and clean off the sidewalks but it is a good idea to call first.

BIMONTHLY / MONTHLY SCHEDULE

Fourth Tuesday of Month Slim Chicks 6:30 pm (currently off schedule)

First Wednesday of Month **WWW**

12 noon The location of the meal is decided each month by pulling a restaurant name out of a hat at the current meal for the next month!

Second Wednesday of Month

Meal - Potluck or Planned

First Friday of Month

Looking again ? Bluegrass/Country 7-9pm (Donations for band requested!)

Third Friday of Month

Cranford Creek Bluegrass 7 - 9pm (Donations for band requested!)

First & Third Saturday of Month Entertainment Night 5:30pm

Movies & Popcorn or Games as usual in the Parlor

First Saturday of Month taking Summer Off Pilot Mountain Cruise In

Third Saturday of Month

Driffwood 7pm - 10pm (Donations for band requested!)

Quarterly Fourth Saturday Night

Kick-U-Up Covered Dish then Dancing or Card Playing 5:30pm

Fifth Saturday Night

Early Birds Eating Out Somewhere **Location To Be Decided**

Fifth Sunday Progressive Bridge 2 pm

Sundays The center is usually rented at least twice a month on Sunday.

When the center is not rented, there may be a dance class scheduled.

Please check each month to see if there are any classes scheduled and what type of dance.

Thursday (usually 1st & 3rd) Clogging with Fran & Don

Insurance Assistance As Scheduled

Other Events As Scheduled

King Senior Travel Club

The club meets every other month on the fourth Monday at the center for a meal and business meeting. Some months the schedule changes based on the trips planned. Usually every other month a trip is planned for the group and there is no meal. For more information call the King Senior Center 336 983-0751 and request a KSTC calendar or check online. There are more details on page 9.

www.ci.king.nc.us How To Details on Page 12

Highlight City Departments.

Highlight King Senior Center & Click in the box on right

Calendars for the King Senior Center & King Senior Travel Club are at the bottom as well as other information.

Blood Pressure Check King Senior Center

Every Monday Before & After Chi Kung 10am *

Every Friday Before & After Tai Chi for Arthritis 2pm *

*when a medical trained person is available to take participants' blood pressure reading

Hours

Monday 9 am – 6pm

Tuesday 9 am – 6pm

Open later when dance classes scheduled

Wednesday 9 am – 6pm

Open later when dance classes scheduled

Thursday 9 am – 6pm

Open later when dance classes scheduled

Friday 9 am – 6pm

Open later when dance classes scheduled

Saturday- when activities are scheduled

Dance! Dance! Dance! Dance! Dance!

Monday

11:15am-1pm **Activities** This time is set aside for any Physical Activities or Dance Classes.

Friday

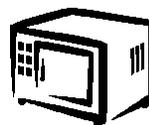
10am-12 noon

One Foot Forward is the advanced level!

12 noon-2pm **Just For Fun** all beginners **WELCOME !**

If you need copies of instruction sheets, please ask Virginia or Suzan to make the copies. There is no charge, but a donation to the senior center would be appreciated!

Toward
The
Kitchen



RIGHT

LEFT

Toward
The
Fireplace



King Nutrition Site:
Upstairs Recreation Community Building
EVERY 1st Tuesday of month
BP clinic at 10am
Informative Program at 11am

Mountain Valley
Hospice & PALLIATIVE CARE
mtvalleyhospice.org

Dancing with Pat Adkins

\$Pay as yoU GO Line Dancing

Every Tuesday at 12:30pm Cost \$3 per Class

Special Monthly Rates

if taking more than one class per week!

* Clogging/Line/Shag/Country Western /Two Step/Partner/Circle

Beginning / Immediate / Advanced Levels

Please Check Daily Calendar



Classes maybe scheduled
on Wednesday
Thursday
Sunday



[Holiday Schedule](#)

Office Hours : 8:30 am - 5:00 pm Monday - Friday

Transportation

Provided to persons 60+ who need a ride to nutrition programs, doctors' appointments, grocery shopping, pharmacy. Advance notice required for scheduling.

Congregate Meals

Site locations are : Francisco Community Building, King Recreation Acres and Walnut Cove Senior Center. Seniors and their spouse may eat on a donation basis. Guests under sixty must pay \$5.07. Program provides a means of socialization plus a hot nutritious meal. Reservations recommended.

Home Delivered Meals

A noon meal is delivered to homebound elderly by volunteers. Menus adhere to state guidelines and provide 1/3 of daily food requirements.

Information & Referral

Staff assist older adults and their caregivers in accessing appropriate resources such as Pharmacy Discount Assistance, Legal Services, Social and Club Information, Senior Health Insurance Information Program (SHIIP), Companionship Information, Tax Preparation, Housing Information, Operation Heat Relief and Community Outreach Programs.

Health Promotion

Health & Wellness : Senior Information Day. An annual fall health fair provides services, screening and information.

File of Life

Material available upon request

King Nutrition Site

Recreation Acres Community Building - Upper Level

107 White Road

Jean Graham, Site Manager - 336 983-9298

Operating hours are 8:30am till 12:30pm Monday-Friday.

Lunch is served Monday-Friday at 11:30am and participant must let staff know two days ahead when they plan to attend.

The King Nutrition Site serves both congregate and home delivered meals. The site is located upstairs from the King Senior Center.

This site is operated by the Stokes Senior Services.

Stokes Senior Services

Community Services Building in Danbury

PO Box 29

Danbury, NC 27016

Operating hours are 8:30am till - 5pm (336 593-8156).



King Nutrition Site Activities

Monday: Bingo 10:30am

Tuesday: Chair Exercise 9-10am with Jennifer

Wednesday: Games & Fellowship 10:30am

Thursday: King Senior Band 9-11:30am

Friday: Health or Nutrition Information

Games & Fellowship/Reading



Meals on Wheels Volunteer Drivers Needed!

Flexible schedule and mileage reimbursement

PLEASE Contact Stokes Senior Services: 336 593-8156

King Nutrition Site 336 983-9298

Jean Graham, Site Manager

Relay for Extra Help

Stokes County Senior Services

For more information call

Stokes Senior Services

336 593-8156



NC SHIIP

1-800-443-9354

The Stokes Family YMCA in King, NC will host older adults 55+ for the specific water fitness classes that are listed below. These classes are offered free of charge and participants of the King Senior Center may choose two (2) of these classes to attend weekly without purchasing a membership. The participant will be allowed to participate in only two of the following five water fitness classes per week. This is a list of classes that are offered : *

- Monday Aqua Fit 10:30-11:30 am
- Tuesday Low Impact 11:30 am-12:30pm
- Wednesday Aqua Fit 10:30-11:30 am
- Thursday Low Impact 11:30 am-12:30pm
- Friday Aqua Fit 10:30-11:30 am

*This is the current schedule of water fitness classes that are available to King Senior Center participants. This schedule is set by Stokes Family YMCA and maybe changed based on staffing and facility maintenance. Stokes Family YMCA will provide the facility and the instructor. The older adults do not have to purchase a membership to take advantage of this program. These classes will be offered free of charge to King Senior Center participants. All participants in these classes will sign a YMCA of Northwest North Carolina RELEASE and WAIVER of LIABILITY and INDEMNITY AGREEMENT and a King Senior Center Participant Profile. The Stokes Family YMCA will post a sign-in sheet for all participants so that a record can be kept for both the King Senior Center and the Stokes Family YMCA Partners.

King Senior Travel Club 2016 Schedule

December No Meeting

Tuesday, December 6, 2016

"Christmas Show" WHDT (\$80.00)

Monday, January 23, 2017

Covered Dish Meal & Meeting

Election of Officers and 2017 Trip Schedule



Wofffahrt Haus
Dinner Theatre

Virginia Byerly, Treasurer /Trip Coordinator King Senior Travel Club
King Senior Center
Recreation Acres Community Building Lower Level
107 White Road King, NC telephone number 336 983-0751
Mailing Address: PO Box 453 King, NC 27021

Amish Country PA



SIGHT & SOUND
THEATRES



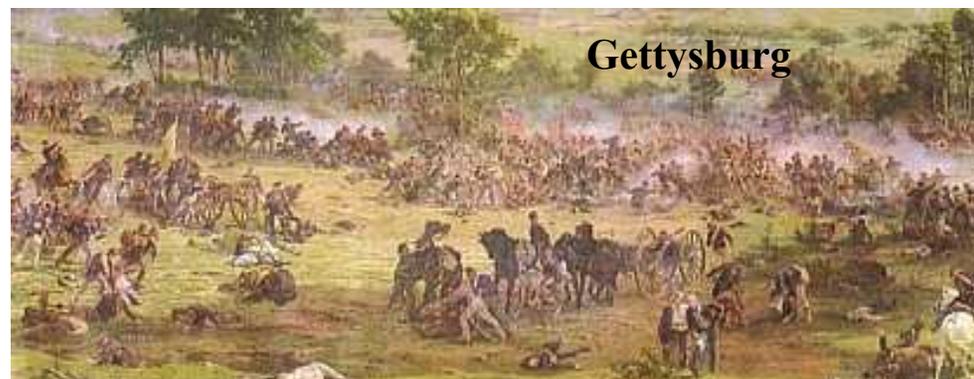
October 2016



JOSIAH
FOR
PRESIDENT
the new musical



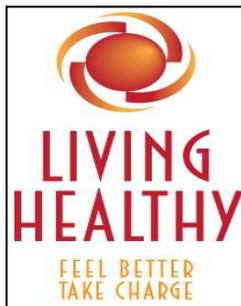
Gettysburg



**Control Your Health Condition...
Don't Let Your Condition Control You...**

Are you age 60 and better with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or cancer? The *Living Healthy* workshop can help you take control of your health!

- ★ **FREE 2 1/2 hour workshop, once a week for six weeks**
- ★ **Learn from trained volunteer leaders**
- ★ **Set goals**
- ★ **Make a step-by-step plan to improve your health**
- ★ **Manage Pain**
- ★ **Increase Fitness**
- ★ **Manage Medications**
- ★ **Improve Communication with Health Providers**
- ★ **Choose Foods for Health**



CONSUMER CONTRIBUTIONS

Voluntary contributions are appreciated!

You have the opportunity to make a voluntary contribution for your participation in the Health Promotion and Disease Prevention Program. Contributions will be used to expand the program so that more people may participate. The money that pays for this program is a combination of federal, state, county/local funds, plus voluntary contributions of service participants. Your contribution is confidential and the amount you choose to give is your choice. Services will not be terminated or reduced if you choose not to contribute as you are under no obligation.

The Health Promotion and Disease Prevention Programs include Tai Chi for Arthritis offered at 2pm every Friday which is an evidence based program Chi Kung is offered every Monday at 10am and is currently not evidence based program.

Any of these Health classes could be on the schedule

when ... there are eight participants signed up to take the class. The class is taught by a team of trained staff. The class will be free but the King Senior Center will ask for a Consumer Contribution. If you are interested in taking this class or any other classes please let us know and tell others about it so we will get enough participants to hold the class. The signup sheet is at the calendar girl at the parlor entrance. Thanks!

What is a Matter of Balance?

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

During the class, participants learn to:

- *View falls as controllable
- *Set goals for increasing activity
- *Make changes to reduce fall risk at home
- *Exercise to increase strength and balance



Who should attend A Matter of Balance?

The program was designed to benefit community dwelling older adults who:

- * Are concerned about falls
- * Have sustained falls in the past
- * Restrict activities because of concerns about falling
- * Are interested in improving flexibility, balance and strength
- * Are age 60 or older, ambulatory and able to problem solve

Alliant Quality is working in your community to improve health outcomes among people with diabetes.



Nearly one-third of all persons 65 and older have diabetes, the most common cause of blindness, kidney failure and amputations, and a leading cause of heart disease and stroke.

The Everyone with Diabetes Counts program addresses disparities in the prevalence and treatment of diabetes in underserved and rural populations who are affected at higher rates. Alliant Quality is building a sustainable network of diabetes self-management education (DSME) programs to reach Medicare beneficiaries in their communities.

**For
More Information
CALL
King Senior Center
336 983-0751**

Cuts to Aging Programs is the Wrong Choice

The federal sequester that will cut discretionary programs if Congress cannot agree on a budget *must be avoided!* A sequester will cause major setbacks for aging programs and the seniors and caregivers we serve. For over 45 years the Older Americans Act (OAA) has provided the momentum for continuing development of a system of cost-effective community based services to meet the needs of the nation's oldest and most vulnerable citizens. Information and assistance, in-home personal care, home delivered and congregate meals, and transportation are just a few of the vital services the Aging Network delivers to older Americans.

Across this country we are currently on the cusp of an unprecedented demand for aging programs and services. In the United States, 10,000 people are turning 65 years of age every single day! By the end of this year, there will be over 3 ½ million new Medicare beneficiaries. This rapid growth places further stress on the Aging Network to provide programs and services to help these individuals maintain their self-determination, dignity and independence. North Carolina is experiencing this growth, not only in those native to the state, but also in the increasing numbers of retirees moving to the Tar Heel state.

In 2000 Congress expanded the OAA, recognizing the contributions of unpaid caregivers in providing care to older adults. Many family, neighbors and friends in North Carolina assist their elder loved ones every day with personal care, meal preparation, transportation, housekeeping and much more. It is estimated these caregivers provide approximately 80% of the long-term support in this country.

Information, support groups and respite care made available under the Act offer much needed relief to caregivers and allows them to continue their care giving roles.

We in North Carolina have "gotten by" with primarily level funding of aging programs over the past several years. However, in referencing his aging programs' allocations, one astute provider stated, "While we maybe rejoicing that we didn't get cut this year, we are actually losing ground due to the rapidly growing numbers of older adults." Wait lists are growing, as well as the cost of gas, food, salaries, benefits, etc. A 9% cut will impact thousands of people in the Tar Heel state who rely on these services to remain at home rather than in an institution. Cuts to meals, transportation, and other services will save in the short term, but cost the federal government much more in the long run as Medicare and Medicaid pay for hospital and long-term care facility bills.

Your Advocacy is needed!!

We know the situation regarding funding is gloomy. But now, December is more than ever, we need all aging advocates, caregivers, and older adults, especially those receiving services, to contact their Senators and Representatives to let them know we cannot afford to take steep cuts in services that help keep older adults independent and out of costly institutions. Let them know you are a tax payer and you would rather have your tax dollars going to efficiently-run and less costly community-based services than support Medicaid-funded hospital trips and nursing home stays. Many aging services already have waiting lists. Ask your legislators, "What answer shall we give when seniors are calling asking for some help?". Also ask them what they think their actions are telling senior voters!

Help legislators understand:

- * that cutting Aging programs doesn't make fiscal sense**
- * the number of older adults in our communities is increasing rapidly**
- * it costs more to provide a meal, pay staff, keep the lights on etc. than it did a few years ago.**

Aging providers are serving fewer people due to increased costs and years of flat and now reduced funding for older adults programs.

Senator Richard Burr

**217 Russell Senate
Office Building
Washington, DC 20510
Phone: (202) 224-3154
Fax: (202) 228-2981
Winston-Salem
2000 West First Street
Suite 508
Winston-Salem, NC 27104
Phone: (800) 685-8916
Phone: (336) 631-5125
Fax: (336) 725-4493**

Senator Thom Tillis

**G55 Dirksen Senate Office Building
Washington, DC 20510
Phone: (202) 224-6342
Fax: (202) 228-2563**

**1520 South Boulevard
Suite 205
Charlotte, NC 28203
Phone: (704) 334-2448
Fax: (704) 334-2405**

**310 New Bern Avenue
Suite 122
Raleigh, NC 27601
Phone: (919) 856-4630
Fax: (919) 856-4053**

King, North Carolina

Your Friendly Home Town

Search



Welcome to our website!

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Annual Reports Now Posted

The annual [Oil & Grease Awareness Brochure](#), [Drinking Water Quality Report](#), and [Wastewater Report](#) have now been posted.

City of King named among the top 10 most affordable towns in North Carolina

Financial website SmartAsset has named King among the top 10 most affordable towns in North Carolina! Click [here](#) to read the entire report.

Congressman Mark Walker to have monthly representation

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Administration

- Fire
- City Engineering
- Parks and Recreation
- Planning
- Finance
- Collections
- King Senior Center
- Public Works
- Public Utilities
- Water Treatment

Highlight City Departments

Highlight King Senior Center
One Click on King Senior Center

caspt?SEC=86C5B293-E88A-4490-BAC7-7978353125D3&Type=B_BASIC

MISSION STATEMENT

The King Senior Center is an extra-governmental facility affiliated with the City of King dedicated to providing services and opportunities to citizens 55 years and older and their families. It is publicly and privately funded and operates for all senior adults in the community, regardless of race, color, religion, sex, national origin or disability. The King Senior Center exists to enrich the lives of seniors through programs and services that will improve their health and wellness, decrease their loneliness and isolation, and provide social, economic, and educational opportunities that will enhance their quality of life.

VISION STATEMENT

Enhancing the quality of life for senior adults through education, recreation and interaction with others.

- The telephone number for the King Senior Center is **336 983-0751**.
- The King Senior Center is located in the lower level of Recreation Acres Community Building at 107 White Road in King. Please feel to call for directions to the center.

[September 2016](#)

[King Senior Center Brochure](#)

[August 2016](#)

["Senior" Senior Prom 2016](#)

[Fifth Saturday Summer Celebration](#)

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King, North Carolina

Your Friendly Home Town

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September 2016

[September 2016](#)

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- [King Public Library](#): Public internet service, books, periodicals, videos, DVD's, children's story time, summer reading program and fax service.
- [Forsyth County Government](#)
- [Stokes County Government](#)
- [Stokes County Arts Council](#): Arts, crafts, gifts, music, books, portraits and wildlife information.
- [Stokes County Economic Development](#): economic development, tourism
- [Stokes County School Districts](#): School District Activities.
- [Stokes Partnership for Children](#)
- [NC Representative Kyle Hall \(King/Stokes\)](#)
- [NC Representative Debra Conrad \(King/Forsyth\)](#)
- [NC State Senator Shirley Randleman \(King/Stokes\)](#)
- [NC State Senator Joyce Krawiec \(King/Forsyth\)](#)
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- [North Carolina Sex Offender Registry](#): You may search this site to locate sex offenders in your area.

2016

Carolina Blue



Sugarloaf Mountain

Progressive Bridge 5th Sunday

Kick-Um-Up

Early Birds Eating Out Somewhere

Fifth Saturday Summer Celebration Cookout & Stan Bobbitt

King Senior Travel Club
4th Monday meal & meeting unless a trip is planned.
In February the KSTC will provide Soup & Sandwiches
The Anniversary BBQ is in September this year.
There is no meal/meeting in December. (details on page 9)

D Day Memorial-Lunch Cruise

WHDT Plays Joseph & ATDC	The Buddy Holly Story & Supper Willingham
Christmas	American Jubilee

KSTC Overnight Trips

9th Annual "Senior" Senior Prom
Saturday May 28, 2016

Annual Open House Sunday, September 18, 2016

January - 2016						
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31						

February - 2016						
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Sweetheart Dance 02/13/16
 Stan Bobbitt

March - 2016						
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American Jubilee April 9

April - 2016						
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May - 2016						
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June - 2016						
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July - 2016						
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31						

4th of July Cook Out

5th Saturday Summer Celebration Cookout & Stan Bobbitt

August 2016						
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September - 2016						
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October - 2016						
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November - 2016						
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King Senior Center is RENTED

13

December - 2016						
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Charles Henry Goren (March 4, 1901 – December 3, 1991) was an American bridge player and writer who significantly developed and popularized the game. He was the leading American bridge personality in the 1950s and 1960s – or 1940s and 1950s, as "Mr. Bridge" – as Ely Culbertson had been in the 1930s. Culbertson, Goren, and Harold Vanderbilt were the three people named when *The Bridge World* inaugurated a bridge hall of fame in 1964 and they were made founding members of the ACBL Hall of Fame in 1995.

According to *New York Times* bridge columnist Alan Truscott, more than 10 million copies of Goren's books were sold. Among them, *Point-Count Bidding* (1949) pushed the great mass of bridge players into abandoning Ely Culbertson's clumsy and inaccurate honor-trick method of valuation. As he continued writing, Goren began to develop his point count system, based on the Milton Work point count, as an improvement over the existing system of counting "honor tricks". Goren, with assistance, formulated a method of combining the Work count, which was based entirely on high cards, and various distributional features. This December well have improved the bidding of intermediate players and beginners almost immediately.

Goren also worked to continue the practice of opening *four-card suits*, with an occasional three-card club suit when the only four-card suit was a weak major. In this, he was following the practice established by Ely Culbertson in the early 1930s. Later on, he continued this practice, resisting the well-known *five-card majors* approach that has become a major feature of modern Standard American bidding. Opening a four-card suit can improve the chances of the partnership identifying a four-four trump fit, and the four-card approach is still used by experts today, notably by most Acol players. It is claimed that the drawback of the four-card approach is that the Law of Total Tricks is more difficult to apply in cases where it is used. However, the five-card majors approach became popular before the Law of Total Tricks was propounded.

In addition to his pioneering work in bringing simple and effective bridge to everyday players, Goren also worked to popularize the Precision bidding method, which is one of many so-called big club or strong club systems (which use an opening bid of one club to indicate a strong hand).

High Point Count

ACE = 4 KING = 3
 QUEEN = 2 JACK = 1
 Count only high cards for no trump bid.
 Count only high cards and short suits
 for suit bids.

Distribution Point Count

Void Suit = 3 Singleton = 2
 Doubleton = 1

Rank of Suits

Spades ♠ - 30
 Hearts ♥ - 30
 Diamonds ♦ - 20
 Clubs ♣ - 20
 No Trump is the highest!
 First trick - 40 rest - 30

Notable Quotes of Omar Sharif who enjoyed a phenomenal career as an actor and bridge player.

"Acting maybe my business, but bridge is my passion."

"There was a point when I became too keen. It was obsessive. I would play all the tournaments. I would not make certain films if they interfered with my bridge schedule. I dreamt about cards. I was driven by the competition. I was good at it and I wanted to be perfect. But bridge is like golf; you can never achieve perfection. You get better, but because it is a game of partnership there is no way you can get there. You need to perfect a system between you and your partner.

During the 1970s that Sharif began writing a bridge column with the Chicago Tribune. Co-authored with Tannah Hirsch, the column has since been widely syndicated. Sharif also penned two bridge books in the '80s and '90s: "Omar Sharif's Life in Bridge" (1983), and "Play More Bridge With Omar Sharif" (1994).

Audrey Lindop Grant (born 16 December 1940) is a Canadian professional educator, a contract bridge teacher and writer known for her simple and humorous approach to the game. Grant is from Toronto, Ontario.

Grant and the world champion player Eric Rodwell co-wrote *The Joy of Bridge* and *Bridge Maxims* – full-length, primarily instructional books published in 1984 and 1987. Audrey Grant's *Better Bridge* was a series of instructional books published in 1995. She also wrote the ACBL Bridge series, or American Contract Bridge League introduction to bridge series, a set of five instructional books published by the ACBL: 1994 Bidding, Play of the Hand, Defense, Commonly Used Conventions, and More Commonly Used Conventions. She has written several other bridge books too. Grant also publishes the bi-monthly *Better Bridge Magazine*. Started in 2004, this magazine includes articles and hints related to bridge. As well, Grant publishes an online bridge column every day. Started in 2012, this column includes bidding quizzes, declarer-play practice, and practice defending. In 2012 the ACBL named Grant number 43 of the 52 most influential people during the 75-year lifetime of the organization. It cited her teaching and writing on bridge, as well as many years work as its educational consultant.

December 2016

Calendar Options

Moon Phases
 Astronomical Twilight = Twi A Sunrise
 Sunrise
 Sunset
 Astronomical Twilight = Twi A Sunset
 Day Length

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Twi A: 5:43am Sunrise: 7:14am Sunset: 5:07pm Twi A: 6:38pm Day length: 9h 53m	2 Twi A: 5:44am Sunrise: 7:15am Sunset: 5:07pm Twi A: 6:38pm Day length: 9h 51m	3 Twi A: 5:45am Sunrise: 7:16am Sunset: 5:06pm Twi A: 6:38pm Day length: 9h 50m
4 Twi A: 5:45am Sunrise: 7:17am Sunset: 5:06pm Twi A: 6:38pm Day length: 9h 49m	5 Twi A: 5:46am Sunrise: 7:18am Sunset: 5:06pm Twi A: 6:38pm Day length: 9h 49m	6 Twi A: 5:47am Sunrise: 7:19am Sunset: 5:06pm Twi A: 6:38pm Day length: 9h 48m	7 Twi A: 5:48am Sunrise: 7:19am Sunset: 5:06pm Twi A: 6:38pm First Qtr: 4:04am Day length: 9h 47m	8 Twi A: 5:48am Sunrise: 7:20am Sunset: 5:06pm Twi A: 6:38pm Day length: 9h 46m	9 Twi A: 5:49am Sunrise: 7:21am Sunset: 5:06pm Twi A: 6:38pm Day length: 9h 45m	10 Twi A: 5:50am Sunrise: 7:22am Sunset: 5:07pm Twi A: 6:38pm Day length: 9h 45m
11 Twi A: 5:51am Sunrise: 7:23am Sunset: 5:07pm Twi A: 6:39pm Day length: 9h 44m	12 Twi A: 5:51am Sunrise: 7:23am Sunset: 5:07pm Twi A: 6:39pm Day length: 9h 44m	13 Twi A: 5:52am Sunrise: 7:24am Sunset: 5:07pm Twi A: 6:39pm Full Moon: 7:07pm Day length: 9h 43m	14 Twi A: 5:53am Sunrise: 7:25am Sunset: 5:07pm Twi A: 6:40pm Day length: 9h 43m	15 Twi A: 5:53am Sunrise: 7:25am Sunset: 5:08pm Twi A: 6:40pm Day length: 9h 42m	16 Twi A: 5:54am Sunrise: 7:26am Sunset: 5:08pm Twi A: 6:40pm Day length: 9h 42m	17 Twi A: 5:54am Sunrise: 7:27am Sunset: 5:08pm Twi A: 6:41pm Day length: 9h 42m
18 Twi A: 5:55am Sunrise: 7:27am Sunset: 5:09pm Twi A: 6:41pm Day length: 9h 41m	19 Twi A: 5:56am Sunrise: 7:28am Sunset: 5:09pm Twi A: 6:41pm Day length: 9h 41m	20 Twi A: 5:56am Sunrise: 7:28am Sunset: 5:10pm Twi A: 6:42pm Last Qtr: 8:57pm Day length: 9h 41m	21 Twi A: 5:57am Sunrise: 7:29am Sunset: 5:10pm Twi A: 6:42pm Day length: 9h 41m	22 Twi A: 5:57am Sunrise: 7:29am Sunset: 5:11pm Twi A: 6:43pm Day length: 9h 41m	23 Twi A: 5:58am Sunrise: 7:30am Sunset: 5:11pm Twi A: 6:43pm Day length: 9h 41m	24 Twi A: 5:58am Sunrise: 7:30am Sunset: 5:12pm Twi A: 6:44pm Day length: 9h 41m
25 Twi A: 5:58am Sunrise: 7:31am Sunset: 5:12pm Twi A: 6:44pm Day length: 9h 41m	26 Twi A: 5:59am Sunrise: 7:31am Sunset: 5:13pm Twi A: 6:45pm Day length: 9h 42m	27 Twi A: 5:59am Sunrise: 7:31am Sunset: 5:13pm Twi A: 6:46pm Day length: 9h 42m	28 Twi A: 6:00am Sunrise: 7:32am Sunset: 5:14pm Twi A: 6:46pm Day length: 9h 42m	29 Twi A: 6:00am Sunrise: 7:32am Sunset: 5:15pm Twi A: 6:47pm New Moon: 1:54am Day length: 9h 43m	30 Twi A: 6:00am Sunrise: 7:32am Sunset: 5:15pm Twi A: 6:48pm Day length: 9h 43m	31 Twi A: 6:01am Sunrise: 7:33am Sunset: 5:16pm Twi A: 6:48pm Day length: 9h 44m

Technical Definitions and Computational Details

Horizon: Wherever one is located on or near the Earth's surface, the Earth is perceived as essentially flat and, therefore, as a plane. The sky resembles one-half of a sphere or dome centered at the observer. If there are no visual obstructions, the apparent intersection of the sky with the Earth's (plane) surface is the horizon, which appears as a circle centered at the observer. For rise/set computations, the observer's eye is considered to be on the surface of the Earth, so that the horizon is geometrically exactly 90 degrees from the observer's zenith.

Transit: The transit time of a celestial body refers to the instant that its center crosses an imaginary line in the sky - the observer's meridian - running from north to south. For observers in low to middle latitudes, transit is approximately midway between rise and set, and represents the time at which the body is highest in the sky on any given day. At high latitudes, neither of these statements may be true - for example, there may be several transits between rise and set. The transit of the Sun is local solar (sundial) noon. The difference between the transit times of the Sun and Moon is closely related to the Moon's phase. The New Moon transits at about the same time as the Sun; the First Quarter Moon transits about 6 hours after the Sun; the Full Moon transits about 12 hours after/before the Sun; and the Last Quarter Moon transits about 6 hours before the Sun.



Sunrise and sunset: For computational purposes, sunrise or sunset is defined to occur when the geometric zenith distance of center of the Sun is 90.8333 degrees. That is, the center of the Sun is geometrically 50 arcminutes below a horizontal plane. For an observer at sea level with a level, unobstructed horizon, under average atmospheric conditions, the upper limb of the Sun will then appear to be tangent to the horizon. The 50-arcminute geometric depression of the Sun's center used for the computations is obtained by adding the average apparent radius of the Sun (16 arcminutes) to the average amount of atmospheric refraction at the horizon (34 arcminutes).

Moonrise and moonset: Moonrise and moonset are defined similarly, but the situation is computationally more complex because of the nearness of the Moon and the eccentricity of its orbit. If the computations are carried out using coordinates of the Moon with respect to the Earth's center (the usual method), then moonrise or moonset is defined to occur when the geometric zenith distance of the center of the Moon is $90.5666 \text{ degrees} + \text{Moon's apparent angular radius} - \text{Moon's horizontal parallax}$. Under normal atmospheric conditions at sea level, the upper limb of the Moon will then appear to be tangent with a level, unobstructed horizon. No account is taken of the Moon's phase; that is, the Moon is always regarded as a disk in the sky and the upper limb might be dark. Here again, a constant of 34 arcminutes (0.5666 degree) is used to account for atmospheric refraction. The Moon's apparent radius varies from 15 to 17 arcminutes and its horizontal parallax varies from 54 to 61 arcminutes. Adding all the terms above together, the center of the Moon at rise or set is geometrically 5 to 10 arcminutes above the observer's "geocentric horizon" - the horizontal plane that passes through the Earth's center, orthogonal to the observer's local vertical.



Accuracy of rise/set computations: The times of rise and set phenomena cannot be precisely computed, because, in practice, the actual times depend on unpredictable atmospheric conditions that affect the amount of refraction at the horizon. Thus, even under ideal conditions (e.g., a clear sky at sea) the times computed for rise or set may be in error by a minute or more. Local topography (e.g., mountains on the horizon) and the height of the observer can affect the times of rise or set even more. It is not practical to attempt to include such effects in routine rise/set computations. The accuracy of rise and set computations decreases at high latitudes. There, small variations in atmospheric refraction can change the time of rise or set by many minutes, since the Sun and Moon intersect the horizon at a very shallow angle. For the same reason, at high latitudes, the effects of observer height and local topography are magnified and can substantially change the times of the phenomena actually observed, or even whether the phenomena are observed to occur at all.

Twilight. Before sunrise and again after sunset there are intervals of time, twilight, during which there is natural light provided by the upper atmosphere, which does receive direct sunlight and reflects part of it toward the Earth's surface. Some outdoor activities maybe conducted without artificial illumination during these intervals, and it is useful to have some means to set limits beyond which a certain activity should be assisted by artificial lighting. The major determinants of the amount of natural light during twilight are the state of the atmosphere generally and local weather conditions in particular. Atmospheric conditions are best determined at the actual time and place of events. Nevertheless, it is possible to establish useful, though necessarily approximate, limits applicable to large classes of activities by considering only the position of the Sun below the local horizon. Reasonable and convenient definitions have evolved.

There are three kinds of twilight defined: civil twilight, nautical twilight, and astronomical twilight.

Civil Twilight: For computational purposes, civil twilight begins before sunrise and ends after sunset when the geometric zenith distance of the center of the Sun is 96 degrees - 6 degrees below a horizontal plane. The corresponding solar zenith distances for nautical and astronomical twilight are 102 and 108 degrees, respectively. That is, at the dark limit of nautical twilight, the center of the Sun is geometrically 12 degrees below a horizontal plane; and at the dark limit of astronomical twilight, the center of the Sun is geometrically 18 degrees below a horizontal plane. Civil twilight is defined to begin in the morning, and to end in the evening when the center of the Sun is geometrically 6 degrees below the horizon. This is the limit at which twilight illumination is sufficient, under good weather conditions, for terrestrial objects to be clearly distinguished; at the beginning of morning civil twilight, or end of evening civil twilight, the horizon is clearly defined and the brightest stars are visible under good atmospheric conditions in the absence of moonlight or other illumination. In the morning before the beginning of civil twilight and in the evening after the end of civil twilight, artificial illumination is normally required to carry on ordinary outdoor activities.

Nautical Twilight: Nautical twilight is defined to begin in the morning, and to end in the evening, when the center of the sun is geometrically 12 degrees below the horizon. At the beginning or end of nautical twilight, under good atmospheric conditions and in the absence of other illumination, general outlines of ground objects maybe distinguishable, but detailed outdoor operations are not possible. During nautical twilight the illumination level is such that the horizon is still visible even on a Moonless night allowing mariners to take reliable star sights for navigational purposes, hence the name.

Astronomical Twilight: Astronomical twilight is defined to begin in the morning, and to end in the evening when the center of the Sun is geometrically 18 degrees below the horizon. Before the beginning of astronomical twilight in the morning and after the end of astronomical twilight in the evening, scattered light from the Sun is less than that from starlight and other natural sources. For a considerable interval after the beginning of morning twilight and before the end of evening twilight, sky illumination is so faint that it is practically imperceptible.



**Sunset Viewed From Pilot Mountain State Park
1792 Pilot Knob Park Road Pinnacle, NC 27043 United States**

SIX LITTLE STORIES

1. Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella.

That's **FAITH**

2. When you throw babies in the air, they laugh because they know you will catch them.

That's **TRUST**

3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up.

That's **HOPE**

4. We plan big things for tomorrow in spite of zero knowledge of the future.

That's **CONFIDENCE**

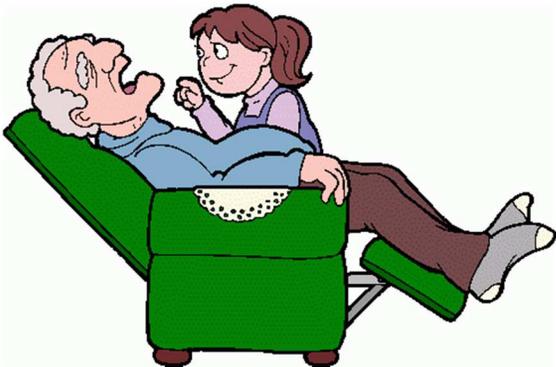
5. We see the world suffering, but still we get married and have children.

That's **LOVE**

6. On an old man's shirt was written a sentence "I am not 80 years old . . . I am sweet 16 with 64 years of experience."

That's **ATTITUDE**

Have a happy day and live your life like the six stories!



When I was a child
I thought nap time
was punishment.
Now it's like
a mini vacation !

Monday

11:15am-1pm Dance / Exercise Time (1.75 hours)

This time is set aside for Physical Activities or health classes.

The class time could go to 1:15pm.

1:30pm till 4:30pm Art Time (3 hours)



Currently this is scheduled as Art Time, a time set aside for ART, whether is a scheduled class or just time to get together with other artists to exchange ideas or just paint!

This time slot could be used for a health class as well.



Thursday

9:30am till 12:30pm Health Time (3 hours)

This time is set aside for health related classes, whether it is a scheduled class such as "Living Healthy" or a talk session with a health agency. It could be just time to get together with other KSC participants to talk about health concerns! This time could also be set aside for Physical Exercise or Dance classes.

There is more information about the health classes that can be offered on page 9 of this newsletter.

Tuesday and Thursday

2-4 pm Computer Basics (possible cost) (2 hours)

This time is set aside for basic computer classes or how-to classes for the latest technological gizmo. It could be just time to get together with others to exchange information!



Please let us know if you are interested in taking any of these types of classes!

Please let us know if you are interested in teaching a class!

January - 2017						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	6th Annual Chicken Stew 02/04/17			

February - 2017						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	Sweetheart Dance 02/11/17 Stan Bobbitt			

March - 2017						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April - 2017						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May - 2017						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June - 2017						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July - 2017						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	5th Saturday Summer Celebration Cookout & Stan Bobbitt				

August 2017						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September - 2017						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	5th Saturday Fall Festival Stan Bobbitt					

December - 2017						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November - 2017						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December - 2017						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2017

Driffwood



2 Young 2 Old

Progressive Bridge 5th Sunday

Kick-Um-Up

Early Birds Eating Out Somewhere

Sweetheart Dance | 5th Saturday Summer Celebration Cookout | 5th Saturday Fall Festival



King Senior Travel Club
 4th Monday meal & meeting unless a trip is planned.
 In February the KSTC will provide Soup & Sandwiches
 The Anniversary BBQ is in September this year.
 There is no meal/meeting in December. (details on page 9)

Trip Dates are still UNDECIDED

WHDT Plays	As Of 11/28/16

KSTC Overnight Trips

10th Annual "Senior" Senior Prom
 Saturday May 27, 2017

Annual Open House
 Sunday, September 17, 2017

King Senior Center is RENTED

19

2nd Sarah Browder

Most Comically Decorated Hat
Carol Roger



Shortest Lady
1st Rhonda Ross
2nd Sarah Browder

Tallest Man
1st Ted Nelson
2nd Jim Carlin

Oldest Man
1st Marvin Hanks
2nd Bud Hicks

Oldest Lady
1st Margaret Newsome
2nd Virginia Hooker

Lady Whitest Hair
1st Margie Bullins
2nd Jane Bodenhammer

Man Baldest Head
1st Harold Mitchell
2nd R.W. Craddock

Alan & Kay Sorrell
2 Years

Myra & Bud Hicks
70 Years



Best Rooster Crower
1st Jane Bodenhammer
2nd Marquerite Hixson

Sing A Song
1st Arlene Lowe
2nd Marquerite Hixson

Unusual Jewelry
1st Alda Geyer
2nd Jane Bodenhammer



American Legion Auxiliary

Barbara Hunsucker

Nancy Holland

Iris Bennett



Man with Best Moustache
1st Aubrey Jenning (left grey shirt)
2nd Jack Holt (right white shirt)



Senior Citizens Club
Most Members Present
Sauratown Get Together 8
Walnut Cove Rainbow 6
Francisco 3

Best Man
Buck Dancer
Tony Bowman



Best Lady Buck Dancer
2nd Place Left Almeta Bowen (blue top)
1st Place Right Barbara Fain (pink top)